

Evanston Recreation Center

Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am - 7:25 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
9:15 am - 10:00 am	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics		
10:00 am - 1:30 pm	Lap Swim Main Pool	Lap Swim Main Pool	Lap Swim Main Pool	Lap Swim Main Pool	Lap Swim Main Pool	10:00 am - 1:25 pm Lap Swim	12:00 am - 1:25 pm Lap Swim
10:00 am - 1:30 pm	Wade Pool Swim	Wade Pool Swim	Wade Pool Swim	Wade Pool Swim	Wade Pool Swim	1:30 pm - 4:30 pm Rec Swim	1:30 pm - 4:30 pm Rec Swim
4:30 pm - 5:55 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:00 pm - 7:00 pm	Water Aerobics	5:30 pm Swimming Lessons	Water Aerobics	5:30 pm Swimming Lessons	Water Aerobics		
7:00 pm - 8:30 pm	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim		

Children 5 - 8 years old must be directly supervised by an adult, 16 years or older, from the pool deck, or in the water.

Children 4 years of age & under must be directly supervised in the water by an adult, 16 years or older.

Swim diapers are required for infants and toddlers.

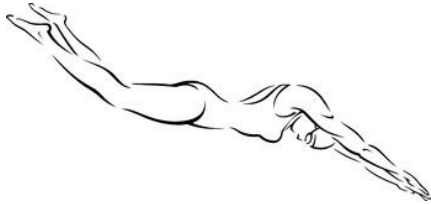
For more information visit www.evanstonparksandrec.org



LAP SWIM - These times are specifically set aside for lap swimming and aquajogging. Kickboards, Pull Buoy, Aquajoggers, and Delta Bells are available for use at this time. Fins available upon request. Youth lap swimming is allowed at the discretion of the lifeguard.



REC SWIM - Pool Slides, balls, tubes (main pool only) and floating fishes (wading pool only) are always available to use.



WATER EXERCISE - A moderate cardiovascular workout plus stretching, strength, and muscle toning exercises. Great exercise and great fun. Included with your general admission or pass; please sign in at the front desk.



SWIMMING LESSONS - Children can learn swimming skills and water safety in American Red Cross (ARC) swimming lessons. Taught by ARC Water Safety Instructors.

**NOTE: The Hot Tub closes for the night at the same time as all the other pools close:
8:30 pm Monday - Friday, and 4:30 pm on Saturday and Sunday.**